

Be your own hero

Today I heard a point by my pastor that touched me. He was talking directly to the women in the church and said “it’s your fault if you don’t succeed.” I can hear so many people saying “but what about this instance?” My pastor retorted that there are thousands of instances. Yet, women can either be defined by things that happen or write their own story. I read several books by a man who fought in WWII. All the blood, mud, and horror did not stop him from making the most of a terrible situation. We know so much about the war directly because he wrote about it. His pain was our (and his) gain.

I am a divorcee. My pain is your gain. Certainly, it’s my gain too. The pastor also mentioned building daughters that make their life what they want it to be. They are not molded solely by men or others. They are their own hero. It’s that way for Rick Hansen who wheeled around the world in a wheelchair. It’s like that for cancer survivors who write books and encourage others. The victim says you have no choice. Your circumstance owns you. It’s too hard. The voice inside agrees. Yet, reality has another voice. It’s do or die. It’s not about dying literally. Oh no, it’s about a slow death of “I can’t”, “I won’t”, and “I refuse.” Who are you within your circumstances?

I love working out on the iFit exercise program. One of the cool things is learning about your trainers. They do an excellent job of picking people who have had to overcome trauma. One of those trainers is Danielle Umpsted. She is an Olympic Skier. Trauma? She is a blind champion of the ski hill. Her story is amazing. The woman is even more amazing. Recently, I have been doing her and her husband’s biking series. Yes, a blind girl on a bike. She mentioned that she does not like being blind, but then Danielle hesitated. She loves the feel of the wind and the curves in the road that she can’t see. Yet, she can feel, and appreciate those things on a bike that

seeing eyed people just can't. She chooses to be alive. Not just alive, but flourishing. She is her own hero.

What does God have to say? The Bible has something special that most other things in this world do not: unlikely heroes. Hollywood portrays hero's that are small and insignificant. Yet, the real world is not that way. Being told "no you can't" is an institution. Most of the world will not help you be their hero. In the Bible we have people left to chance. Moses was left in the water as a baby. David was not even picked by his own father. I believe that Abraham had to leave his land to find purpose. The twelve apostles all had flaws. Yet, God chose them to be great. To be the best that they could be.

All my life I have heard voices telling me to be better. It seems like a good thing. Wouldn't God do that? Yes, but my voices wanted me to be their best. What they wanted me to be. For some reason I have lived with so many voices berating me for who I am. I am not their bag. Yet, deep inside was another voice. The voice that said I needed to find the true self. Who am I? There are those who define themselves as gay or women. The community that is like them is their definition. Yet, the true form cannot be found in a group or community. People come and go. Communities always change. It's not about conforming but forming. Be your own hero.

Did you know that within a society are heroes? People that rose above the group and lead the way. They do extraordinary things. Things that most people would never do or think of. They are our heroes. The chance takers and dreamers. The only thing that separates these people from everyone else is purpose. They knew deep inside that they were meant for so much more. I'm not convinced that it's about fame or being a hotdog. There are some stars that had a messy career. All then fame and money could not make them normal. They had to live on the edge. These were

talented people that allowed fame to push them over the edge at times. Yet, they unilaterally went for it knowing the risks. Why?

We all dream of princesses and warriors. Prince charming and fairy-tale stories rapture each of us. We don't just want to win. No, we want it to be magical. The maiden that is trapped turns into Cinderella at the ball. Yet, effort to be more is all she wants. The prince is just icing on their wedding cake. Why do people dream? Why do they disobey rules? It's to find out what's beyond normal. To be their own hero. My pastor is on to something. Train a child in how they are (intended) and in their old age they will find it. It's a paraphrase bible verse but I get it. How do we tick? What makes each of us alive? Find it, become your own hero slaying the doubt dragon and winning your life back.